



*American Chronic Pain Association.*

**Quality Of Life Scale  
A Measure of Function for People with Pain**

<b>0</b>	Stay in bed all day Feel hopeless and helpless about life
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<b>1</b>	Stay in bed at least half the day Have no contact with outside world
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<b>2</b>	Get out of bed but don't get dressed Stay at home all day
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<b>3</b>	Get dressed in the morning Minimal activities at home Contact with friends via phone, email
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<b>4</b>	Do simple chores around the house Minimal activities outside of home two days a week
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<b>5</b>	Struggle but fulfill daily home responsibilities No outside activity Not able to work/volunteer
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<b>6</b>	Work/volunteer limited hours Take part in limited social activities on weekends
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<b>7</b>	Work/volunteer for a few hours daily Can be active at least five hours a day Can make plans to do simple activities on weekends
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<b>8</b>	Work/volunteer for at least six hours daily Have energy to make plans for one evening social activity during the week Active on weekends
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<b>9</b>	Work/volunteer/be active eight hours daily Take part in family life Outside social activities limited
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<b>10</b>	Go to work/volunteer each day Normal daily activities each day Have a social life outside of work Take an active part in family life
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**Normal Quality of Life**

The scale is meant to help individuals measure activity levels. It is recognized that homemakers, parents and retirees often don't work outside the home, but activity can still be measured in the amount of time one is able to "work" at fulfilling daily responsibilities, be that in a paid job, as a volunteer, or within the home.